

Dear Parents and Carers,

I wanted to inform you about the Parent Webinars series we are able to offer our school community. This will include the following topics:

- Parent Self Care
- ‘Good enough’ parent and child interactions
- Managing routines for your child
- Understanding and supporting your child with worries

Parents can opt in for whichever topic feels most appealing to them as each webinar can be a standalone Topic in and of itself. That being said, we have also designed the webinars so that it builds on the previous topic; for example, research shows that parents being mindful of their own emotional well-being through self care and parent/child interactions (webinar 1 and 2) helps them to better understand and support their child through routines and addressing possible worries (Webinar 3 and 4).

Our first cycle runs w/c 4th May until w/e 5th June. To co-ordinate this across all our primary schools, each school practitioner linked to a primary school will deliver one webinar per week, which will begin with parent self-care. Each session will last up to 60 minutes and have an optional follow up 20 minutes for further questions/comments for those parents that are interested.

The scheduled dates, times and topics for your schools will be as follows:

Topic	Day and Date	Time
Parent Self Care	Tuesday 5 th May	15:00-16:00
‘Good enough’ Parent and Child interactions	Tuesday 12 th May	15:00-16:00
Managing Routines with your child	Tuesday 19 th May	15:00-16:00
Understanding and supporting your child with worries	Tuesday 2 nd June	15:00-16:00

We understand that the date/times suggested above might not be convenient for all parents and the tight timeline for the first webinar series. However, there was a need to provide some support without further delay. We intend to run a second cycle of Webinars soon. We will also endeavour to be more flexible around the proposed dates and times.

We have decided to cap the number of parents at 8 for our first cycle. The sessions will be co-facilitated by me, as your linked school practitioner along with another member of the MHST. Our intention is to run each webinar with parents from the same primary school. If we have less than four parents for a webinar we will consider joining parents with other local Camden schools instead of cancelling the session.

Referral process

We want the referral process to be as convenient as possible that is why there are no referral forms to be completed. Instead, these are the key steps:

Please email the school office on admin@kentishtown.camden.sch.uk with your name and email address.

1. An email link will be sent with a Zoom invitation as well as key info documentation (i.e. how to join the session, how to use the zoom platform as well as further information around how will ensure confidentiality and their online safety).
2. We will be able to accept parents up to one hour before the session provided there is space.

If a parent requests further information or wishes to speak with the MHST in advance to find out more, we will forward your phone contact details to them so that a phone call can be arranged.

Kind regards,

Grant Jacobson
Deputy Headteacher.

Parent Webinar Series

Who are we?

The **Mental Health Support Team (MHST)** works with children, their families and schools across Camden to support the mental health of young people. We aim to help children stay emotionally well or resolve problems before they become bigger. We provide this support in different ways; for example, through meeting one to one with children and parents, or via groups, workshops and parent coffee mornings. Much of our support focuses on helping children manage their worries, improve their mood and foster healthy relationships.

Due to the current Coronavirus situation, our service is now working remotely. As part of our remote offer, we will be running parent workshops through webinars on the online forum Zoom, as well as two online groups for students.

Webinars for Parents of Children of Primary School Age

As this is a challenging and uncertain time for many families, we have created four parent workshops which we hope will cover a range of topics that you will find helpful at this time. Each one-hour workshop will provide a space for discussion, learning and sharing. The workshop topics are:

Promoting Parent Self-Care

This workshop will provide thoughts and ideas on the importance of self-care. Facilitators will discuss new tools and techniques to use at home and there will be space for parents to share their experiences of self-care, including barriers that they might have come across.

“Good enough” Parent and Child interactions

This workshop will provide sharing and information on how to spend quality time with your child in order to foster attachment and security during periods of uncertainty.

Supporting Routines

This webinar aims to help parents think about how to set up and plan manageable routines. The group will focus on activities that can be included in daily routines and the importance of scheduling time for self-care.

Supporting your child with Worries

This webinar provides information on common worries in childhood and what to do when children find worries difficult to manage. The group will also provide a forum to discuss every day worries and helpful strategies that parents can use to support children.

How to be Involved

Parent workshops will be open to all parents/cares, attending either individually or as couples.

If you would like to find out when parent sessions are being held for your school please contact:



0207 485 1279



Email address

admin@kentishtown.camden.sch.uk

For Further information

If you would like to speak to the practitioner linked to your child's school, please ring or email:

Hazal Demir



020 8938 2700



SouthCamdenADMIN@tavi-
port.nhs.uk